

For more information or any questions, please call
413-587-1228

March 2015

All events are held at the Northampton Senior Center 67 Conz St. unless otherwise noted.

**** Indicates a new opportunity at the Senior Center**
Scan Cards are required to participate

Volunteer Recognition Banquet
Sunday, May 3rd
12:00 noon

13th Annual Health & Safety Fair
Thursday, May 7th
10:00 am - 2:00 pm

Older Americans Month
May 1st to May 31st

Support the Senior Center by contributing to the New Van Campaign!
Every contribution is greatly needed and appreciated.

Mon. Mar. 2 - Tues. Mar. 31	8:15 - 4:00	Art Exhibit: Join us in welcoming Jim Brady who was born in Ireland as this month's artist. The display includes paintings of various types from lighthouses to starry nights. Please join us for a reception on Friday, March 20th at 1:00 pm.
Tues. Mar. 3,10,17,24,31	10:00 am	Caregiver Support Group - Join a Jewish Family Service (JFS) Caregiver Support Group. Meets on Tuesdays from 10:00-11:30 am at the Northampton Senior Center. A place to reduce caregiver isolation, receive support, explore relevant topics, discover resources, and share coping strategies. Groups are facilitated by Cathy Chandler, LICSW. Join us to network, support and learn from other caregivers. To register or for more information, please call Cathy Chandler, 413.455.1936 x104 or email c.chandler@jfswn.org
Tues. Mar. 3	10:00 am	PVTA Photo ID : For disabled and senior citizens with documentation. Fee \$1.00.
Tues. Mar. 3	10:00 am	Free Blood Pressure Clinic: Blood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors.
Wed. Mar. 4	9:15 am	Veteran's Benefits Appointments: Assistance with Veteran's Compensation and Pension benefits with Paul Neville. Call 413-587-1228 for an appointment.
Wed. Mar. 4,11,18,25	1:00 pm	Timeless Tunes - Come sing with us through the years. Bring your voice Call 413-587-1228 for time and place
Fri. Mar. 6,20	9:00 am	Benefits Counseling with Deb Hollingworth - Benefits counseling services are essential for understanding how to complete multiple, complex and confusing applications. Deb is at the Senior Center to assist seniors to understand what is needed to secure benefits. Call 413-587-1228 for an appointment
Fri. Mar. 6, 20	10:30 am	Nutritional Outreach Program: Must be an enrolled participant.
Fri. Mar. 6	1:30 pm	Photography Club meeting- Come meet other camera enthusiasts and learn what is going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5./yr for residents \$10./yr non-residents.
Mon. Mar. 9,16,23, 30	1:30 pm	**Board Games Gelore - Each Monday afternoon play any of the games in the Senior Center's collection. Choices include popular favorites like Win, Lose or Draw, Scruples, Life, Sorry, Parcheesi and more. Participants are also welcome to bring their own favorite games to play. Games are open to both resident and non-resident seniors and are free of charge. For questions please call 413-587-1228.
Mon. Mar. 9	2:00 pm	Music of A.B. Jenkins-Acoustic 12 string - Come listen to a local artist. Free to senior residents and non-residents 55 and older.
Mon. Mar. 9	2:30 pm	"Cooking with Calvin" - Learn step by step easy recipes with Dianne Paquette Food Service Director at Calvin Coolidge Nursing & Rehabilitation Center. There will be an interactive demonstration that will focus on simple healthy changes to make meals more nutritious. No cost to seniors age 55 and older. There will be a demonstration on the second Monday of every other month. Please register by calling the Senior Center at 413-587-1228.
Tues. Mar. 10,17,24,31	1:00 pm	**Trivial Pursuit Tuesdays - Each Tuesday afternoon, Trivial Pursuit will be set up for play. Several different editions are available. There are also different sets of cards available including the All Star Sports Edition and Silver Screen Edition. Trivial Pursuit is open to both resident and non-resident seniors and are free of charge. For questions please call 413-587-1228.
Tues. Mar. 10	1:30 pm	**Author Dusty Miller: "Danger at the Gates" - Alice Ott, the fictional sleuth in the "Danger" series, helps readers to believe in the power of ordinary citizens to challenge the status quo. The author will lead a discussion on the benefits of mystery novel reading. The workshop will focus on the value of reading mysteries to sharpen your problem-solving skills, and the importance of aging fictional role models in enhancing self esteem. This presentation is free and open to both resident and non-resident seniors. For questions please call 413-587-1228.
Tues. Mar. 10	1:30 pm	** Financial Education: Take Stock in the Market - Helen Blatz, financial advisor with Edward Jones Investments presents an afternoon of education on stock market basics and the three key principles of stock investing. This workshop is free and open to resident and non-resident seniors. Please call 413-587-1228 to register.
Wed. Mar. 11,18,25	1:45 pm	**Preventing Falls Among Older Adults - The Cooley Dickinson VNA & Hospice in cooperation with the Northampton Senior Center would like to invite you to participate in a free educational series of six "Falls Prevention". VNA physical and occupational therapists will lead sessions on determining your own risk of falling, strengthening exercises, balance activities, managing your medications, visual concerns, and home safety recommendations. To reap the full benefits of this program participants will be asked to commit to attending all 6 one-hour sessions. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to series participants. The sessions and items are free of charge; private grant funds received by the VNA are covering the program costs. Please call the Senior Center at 413-587-1228 to register.
Wed. Mar. 11	2:00 pm	**The Poetry of Growing Older with John Berkowitz & Daisy Mathias - John Berkowitz and Daisy Mathias will read their own and others' poetry about living fully, aging gracefully, dealing with grief and loss, and befriending death. There is a Sliding Scale donation \$1.00 - \$5.00. Area poets are welcome to submit their work; some will be chosen to be read by the above hosts at one of the events.
Thurs. Mar.12	10:00 am	Brown Bag: Eligible participants MUST pick up their bags by 11:00 am. Bags cannot be held. Numbers will be distributed beginning at 9:30 am. Call the Food Bank at 413-247-9738 for applications and information.
Thurs. Mar. 12	1:00 pm	Readers & Thinkers - Meets the second (2nd) Thursday of each month. "The Maltese Falcon" is this month selection
Thurs. Mar. 12	1:30 pm	NCOA Board Meeting - Open to the public
Mon. Mar. 16	1:00 pm	Monday Movie Madness - Movie begins earlier due to its length - "The Judge" -
Tues. Mar. 17,24	1:00 pm	**Well Being Essentials - Sustaining or enhancing one's sense of well-being entails more than healthy eating and exercise This class will explore several principles of well-being; what it takes to flourish at work, home and in relationships. Class registration fee is \$60 for Northampton residents and \$65 for non-residents and those ages 55-59. Participants must register in advance. For questions please call 413-587-1228.
Tues. Mar. 17	5:00 pm	Commission on Disability Meeting - Public invited.
Wed. Mar. 18	9:30 am	Foot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00
Wed. Mar. 18	2:00 pm	Group Sing - For those 50 and over who love to sing no matter if you feel you can or cannot. Come join us and sing along to songs from different genres and eras. No cost, just bring your voice.
Fri. Mar. 20	1:00 pm	March Artist Reception - Join us for a reception to welcome Jim Brady as the March Artist of the month
Fri. Mar. 27	10:00 am	SNAP - Assistance through the Food Bank of Western MA call 1-800-247-9632 for an appointment
Fri. Mar. 27	1:30 pm	**Jim Spencer's Africa Trip - Jim Spencer shares photographs and anecdotes from his recent trip to Africa.
Tues. Mar. 31	7:15 pm	** Financial Education: Take Stock in the Market - Helen Blatz, financial advisor with Edward Jones Investments presents an evening of education on stock market basics and the three key principles of stock investing. This workshop is free and open to resident and non-resident seniors. Please call 413-587-1228 to pre-register.

**** Indicates registration is required due to a minimum enrollment or new opportunity.**

Monday March 2

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop

Tuesday March 3

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone*
10:00 PVTa Photo ID
10:00 Blood Pressure Clinic
10:30 PC one on one by appt
12:30 Sewing Workshop
1:00 Interfaith Help Fund
7:15 Evening Yoga

Wednesday March 4

8:20 Dynamic Fitness DVD
9:00 Beginning Digital
Photography
9:15 Veteran's Benefits Services
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital
Photography
11:30 Beginner Tap*
12:00 Low Vision
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes

Thursday March 5

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one on one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 6

8:20 Dynamic Fitness DVD
9:00 Benefits Counseling with Deb Hollingworth
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach Program
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Photo Club
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga

Monday March 9

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Board Games
2:00 Music of A.B. Jenkins-Acoustic 12 string
2:30 Cooking with Calvin

Tuesday March 10

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one on one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:30 Author Dusty Miller: Danger At The Gates*
1:30 Financial Education: Take Stock in the Market*
7:15 Evening Yoga

Wednesday March 11

8:20 Dynamic Fitness DVD
9:00 Beginning Digital
Photography
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital
Photography
11:30 Beginner Tap*
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes at Overlook
1:45 Preventing Falls Among Older Adults Presentation
2:00 The Poetry of Growing Older w/ John Berkowitz & Daisy Mathias
2:45 Feldenkrais

Thursday March 12

8:45 Strength & Stretch
10:00 Brown Bag
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one on one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Mahjongg
1:00 Readers & Thinkers: The Maltese Falcon
1:30 NCOA Board Meeting
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 13

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Film Noir*
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga

Monday March 16

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:00 Monday Movie Madness: "The Judge"- Movie begins early due to length
1:30 Board Games

Tuesday March 17

8:45 Strength & Stretch

9:00 PC one-on-one by appt
9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Well Being Essentials
5:00 Commission on Disability
7:15 Evening Yoga

Wednesday March 18

8:20 Dynamic Fitness DVD
9:00 Beginning Digital
Photography
9:30 Low Impact 1
9:30 Foot Care Clinic
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital
Photography
11:30 Beginner Tap
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Preventing Falls Among Older Adults Presentation
2:00 Group Sing
2:45 Feldenkrais

Thursday March 19

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Mahjongg
1:30 Sock Knitting
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 20

8:20 Dynamic Fitness DVD
9:00 Benefits Counseling with Deb Hollingworth
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach Program
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 March Artist Reception for Jim Brady
1:00 Film Noir*
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
2:45 Yoga

Monday March 23

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Board Games

Tuesday March 24

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group

10:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Well Being Essentials
7:15 Evening Yoga

Wednesday March 25

8:20 Dynamic Fitness DVD
9:00 Beginning Digital
Photography
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital
Photography
11:30 Beginner Tap*
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Preventing Falls Among Older Adults Presentation
2:45 Feldenkrais

Thursday March 26

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 27

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 SNAP: by appt only
10:30 Low impact 2
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Film Noir*
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Jim Spencer's Africa Trip
2:45 Yoga

Monday March 30

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Board Games

Tuesday March 31

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Well Being Essentials
7:15 Evening Yoga
7:15 Financial Education: Take Stock in the Market